

Physically disabled students lack accessibility

By Brian Corasaniti
Co-News Editor

Handicap access on campus is a growing concern for physically disabled students at Sacred Heart. Some feel their needs are not being met by the school.

"I really think that these administrators, Dean (Michael) Bozzone and others say they are looking into things and however very little has been done in making the campus friendly for physically disabled students," said Brian Polovoy, a physically disabled first-year student from Brooklyn, N.Y.

"Do we need to improve? Yes. We have been working on this since last summer, and it is something we need to do," said Jill Angotta, director of Special Services.

"We have striven to meet all of the local and state codes. We are now at the stage for checking for what areas we can further improve our accessibility," said Dr. Paul Madonna, vice president for Finance and Administration.

Angotta said that plans are already in place to put in additional elevators to the Academic Building and to possibly put in more automatic doors throughout the buildings and residence halls.

"The big problem has been getting the electricians in," said Angotta.

Angotta also said that automatic doors in the residence halls could be a problem because of security issues, mainly, "people walking in who should not." She

See Disabled, page 3



Photo by Kerrie Darress

Chris LaFlamme and Matt Sauer help Nuala Hetzler out of a door that many think should be accessible for all physically disabled students throughout the Sacred Heart University campus.

Old gym, new pub?

By Brian Corasaniti
Co-News Editor

A preliminary proposal is in the works to convert part of the old gym into a new pub for students.

The new pub would cost around \$624,000 with furnishings and \$504,000 without.

\$60,000 of that would come from Student Government's capital expenditures and then they would request another \$60,000 be matched by the school.

The final \$504,000 would be funded from a tuition raise of \$25 a person to go directly to the construction of the pub.

A loan would then be taken out

to be paid off by the school in an eight-year time span, then would be paid back to the school by Student Government from the \$25 tuition raise.

According to Carla Gray, president of Student Government, it is just a proposal in the works and still needs approval by the Administration.

The work could be completed three to four months after the construction begins.

If the proposal goes through, it could be completed in September, said Mike Giaquinto, director of Buildings and Grounds, at the Feb. 13 Student Government Executive Board meeting.

These ideas are still preliminary and nothing has been firmly decided yet.

New academic facility to be built

By Wayne Kosminoff
Associate Editor

The 10-year strategic plan of Sacred Heart has set their sights on designing a new \$8 million academic building primarily for the College of Business.

The three-story, 45,000-square foot building hopes to complete its project by September of 2003. The foundation is expected to be located on the west side of the quad.

However, these plans are only estimated. The structure, funded through the capital campaign, are overseen by the President and Vice President of Institutional Advancement; funds are yet to be acquired. The plans will actually

be drawn up when funding is submitted.

Typically, buildings such as the William H. Pitt Health and Recreation Center are funded through construction bonding or donations, but Dr. Thomas Forget, acting vice president of Institutional Advancement said, "It would be an exaggeration to say we are going to try to locate a group of individuals who are committed to and understand the mission of the University, for example as Mr. Pitt did."

Forget added the University does not have precise people in mind, but they are always looking to better the institution.

Dr. Paul Madonna, vice president for Finance and Administration believes by adding the

new facility, additional free space can be allocated throughout the University, making room for other academic needs.

"I think the students realize that under the current configurations, the space is very tight," said Dr. Claire J. Paolini, dean of the College Arts and Sciences. "If there was additional space, this would go a long way."

Paolini commented that the University's space problems are such that they cannot afford to hold all of their classes on campus.

In fact, the Registrar's Office at SHU said they hold 10 to 15 classes a night at Notre Dame High

See Building, page 2

Deja Vu promoters suspended

By Joe McGuigan
Staff Writer

The Deja Vu nightclub has meant fun for some SHU students in the past, but for Kevin O'Malley, a senior from Brooklyn, N.Y. and Jeff Schietzel, a junior from Saratoga Springs, N.Y., it has meant trouble.

O'Malley and Schietzel sponsored "The Second College Blowout at Deja Vu" last December. But because the event was not sponsored by Sacred Heart, but was solicited on campus as a SHU event, they were brought up on charges.

O'Malley and Schietzel were found guilty of promoting an alcohol-related event, solicitation (handing out promotional flyers),

and unauthorized presence on campus (the bus used to pick up students).

Schietzel said he had no idea what he was doing at the time was against Sacred Heart policy.

"We were just trying to provide safe transportation for the students to and from the bar," said Schietzel.

Just before finals week, Dean of Students Larry Wielk sent out a global e-mail to SHU students saying that the activity, "is against University policy and that should it take place, they (O'Malley and Schietzel) and anyone who participates will be subject to disciplinary action."

The e-mail went on to say

See Probation, page 3



Photo by Kerrie Darress

Jeff Schietzel and Kevin O'Malley stand proud even though they are currently under suspension.

Inside...

Greek Life reviews judicial process...see page 2

AIDS Awareness happens year round...see page 3

Save yourself from an eating disorder...see columns, pages 4 & 6

Alpha exhibit teams up with SHU...see page 9

NEWS BRIEFS

CPA Society announces eighth essay contest

The Connecticut Society of Certified Public Accountants (CSCPA) has announced its eighth annual College Essay Competition. The contest, which has a March 31 deadline, offers a \$500 cash prize.

The competition is open to juniors and seniors majoring in business and currently enrolled in at least one accounting course are eligible.

The essay must be on the following topics: the Internet and its effects on research; "over-the-counter" tax software and its effect on the profession; marketing on the Internet; or promoting CPA firm services on the Internet.

For more information, call Ms. Lugo at (860) 525-1153.

Media Studies Symposium coming to SHU

Author Todd Gitlin will be speaking at the 4th Annual SHU Media Studies Symposium on March 15. He will be speaking about "The Age of Entertainment Overload."

Gitlin's books include *The Twilight of Common Dreams: Why America Is Wracked by Culture Wars*, *The Sixties: Years of Hope, Days of Rage*, *Inside Prime Time* and *The Whole World*.

He was a professor of sociology and director of the mass communications program at the University of Berkeley for 16 years. He is currently a professor in the departments of culture and communication, journalism and sociology at New York University.

The event is sponsored by a lecture series dedicated to the memory of Max Dickstein, Daniel Friedman Gottlieb and Ned Gottlieb.

The Symposium will be at 7:30 p.m. in the Schine Auditorium. Admission is free and refreshments will be provided.

For more information, call 371-7810.

ATTENTION SHU: Any on-campus department or organization that has news for this section, please send it to the Spectrum office by Monday of the week you would like your news published.

-Compiled by Brian Corasaniti



Photo by Kerrie Darress

Kappa Phi members Gail-Sue Capone and Kati Davis, whose sorority was suspended due to hazing.

Greek Life judicial process questioned

By Elizabeth Hyer
Co-News Editor

The Jan. 25 suspension of Kappa Phi Sorority from all Rushing privileges has caused some concern over how the Greek Life Judicial (GLJ) Board is run.

In an article published on Feb. 5, it was stated that an anonymous letter accusing the sorority of hazing provoked the GLJ Board to respond to the allegations.

"Hazing is something that should not be handled lightly," said Ed Page, Chair of the GLJ Board.

"We had to hold a trial process to see if the letter held any weight," said Page.

Gail-Sue Capone, president of Kappa Phi, said in the Feb. 5 article that "We (Kappa Phi) are just being treated as examples. This case is not just important for us, but for the future of the Greek

organizations that will appear in front of the council."

Although the letter was anonymous, it was about hazing, which is strictly against SHU and state policy.

"Anything involving suspicions of hazing according to Connecticut state law and SHU policy is our responsibility to investigate," said Nuala Hetzler, program assistant and advisor to Greek Life.

"The board will not be run strictly on rumors," added Page.

Because the GLJ Board in its first semester of being fully operational some students are questioning whether the kinks have been worked out yet.

"I feel that this new system is not fully planned out yet, causing me to wonder if a case such as hazing is ready to go before the new board," said a student who wishes to remain anonymous.

"I feel they need to get certain

things straightened out before they start handing out sentences based on anonymous claims," the student added.

"This is a constitution in the works," said Hetzler.

"We have recommended sanctions, but it's up to the discretion of the judicial board."

Judicial procedures are completely outlined in the new constitution with a disclaimer adding that to "provide a fair judgment system, you will find a list of offenses with the recommended sanction."

GLJ Board reserves the right to alter any penalty to fit the Board's discretion."

The constitution also offers an appeal process and outlines the rights and responsibilities of all GLJ members.

Editor's Note: Some information in this story was taken from a Feb. 5 article in The Spectrum titled, "Sorority hit with allegations."

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Building: plans for brand new construction underway

Continued from page 1

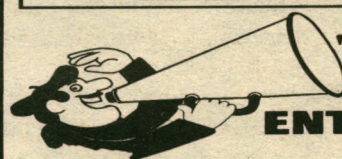
School. She believes that by adding the additional space, it would alleviate that kind of problem.

Other concerns Madonna has are the needs of safety and the

handicap accessibility.

Madonna said he is looking into every possible place to make sure its handicapped accessible. "As for security purposes, the specific design items would be decided as the architects design plans for the building."

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PARTY DESIGN SPECIALISTS
An Entertainment/Event Planning Company
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AIDS awareness is year round

By Kristen Jelormine
Contributing Writer

For the first time in its 16-year history, the number of AIDS cases diagnosed has dropped.

"...Experts called the downturn yet another encouraging sign that, at least in the United States, the epidemic might at last be turning a corner," said Sheryl Gay Stolberg in the *New York Times*.

Stolberg reports that powerful drugs are helping stunt the growth from HIV to AIDS.

But medical advances are just part of what is helping to decrease the number of diagnosed AIDS cases.

"I hope that AIDS awareness is helping this drop," said Dr. Marian Calabrese, an associate professor of English at Sacred Heart University.

Calabrese was part of Sacred Heart's AIDS Awareness Week, which was held Feb. 16-19.

AIDS Awareness Week is

observed once a year. Events this year were sponsored by Campus Ministry, L.I.F.E., Phi Omega Tau, Residential Life and Housing Services, Student Life and the Counseling Center. Events included a mass in the chapel, a speaker infected with HIV and a mock quilt.

The AIDS Quilting Project takes place all year, contributing to constant AIDS awareness on campus. The group makes "comfort quilts" for people infected with the disease. The quilts are personally delivered by students involved in the project.

The quilting project began at SHU five years ago in honor of Michael Arnold, a former faculty member in the English Department.

Calabrese is the faculty advisor of the quilting project on campus. She got involved because she worked with Michael Arnold.

"Knowing Michael made it real for me and made me want to

do something," said Calabrese.

Since the project began, 150 quilts have been made. The quilts go to area facilities that house people infected with AIDS. The quilting project goes through the McKinley Foundation for names of facilities that needs quilts. This year's group has worked with the Evergreen House.

"I really believe in what we do," said Rosemary Roselli, student coordinator of the quilting project. Roselli shares her position with fellow senior Tracy Wilson.

The group never meets the people who get the quilts, but the quilts let the infected people know that someone cares, said Roselli.

The group serves a purpose in not only contributing to Aids Awareness Week but working all year to educate students and help people infected with the disease.

The group meets every Tuesday in residence halls on and off campus.

PUBLIC SAFETY RELEASES

Public Safety Releases from Feb. 15 - Feb. 21

Feb. 15: 3:38 a.m.- West Hall resident reported a visitor was being disruptive. Officers responded; the visitor left campus.

4:00 a.m.- Parkridge Officer reported a vehicle speeding on Park Avenue and Geduldig St., almost hitting the Public Safety vehicle. Bridgeport Police notified.

Feb. 16: 12:15 a.m.- Officers assisted Res. Life staff with a drug violation at Parkridge; small amount of marijuana was confiscated.

Feb. 17: 1:52 p.m.- West Hall fire alarm received; no smoke or fire.

Feb. 18: 6:15 a.m.- West Hall resident reported the theft of cash and credit cards from their room. Public Safety and Fairfield Police investigating.

7:50 a.m.- A laptop computer, which was left in one of the shuttle vans, was returned to the student owner.

9:54 a.m.- Staff member fell and injured his foot; treatment provided at St. Vincent's Immediate Health Care.

1:31 p.m.- West Hall fire alarm activated by student accidentally hitting a smoke detector.

Feb. 19: 12:35 a.m.- South Hall fire alarm received; smoke from cooking activated a smoke detector. While in the room, the Officer confiscated a prohibited weapon from the student.

1:48 a.m.- South Hall resident reported receiving harassing telephone calls.

4:00 a.m.- Parkridge Officer found a vehicle trunk open on Geduldig St.; it was closed.

7:56 a.m.- Academic Bldg. fire alarm caused by smoke from cooking in the dining hall.

8:51 a.m.- Staff member reported a window in the Campus Center had been vandalized.

9:50 p.m.- Ill South Hall resident was driven to the hospital by a friend.

Feb. 20: 8:01 a.m.- Cash and product was taken from vending machines in South and West Halls and Jefferson Hill Apts.

10:43 a.m.- Student reported their motor vehicle was vandalized while parked at Jefferson Hill.

11:37 p.m.- South Hall resident reported the theft of a computer from their room.

Feb. 21: 2:17 a.m.- South Hall NESS Officer reported a student vandalized a window screen.

2:39 a.m.- Officer found a discharged fire extinguisher in South Hall.

4:14 a.m.- West Hall NESS Officer reported two females attempting to gain entry to the Bldg.; Officers responded, at which time the females ran into the golf course.

4:23 a.m.- West Hall fire alarm received; appeared to be a malfunction.

8:55 p.m.- South Hall resident injured his wrist. Officers responded to assist; student was transported via ambulance to the hospital.

9:43 p.m.- Student reported the Mahogany Room door was vandalized.

10:06 p.m.- Ill student was transported by a friend to the hospital.

The Warrens raise chilling goosebumps

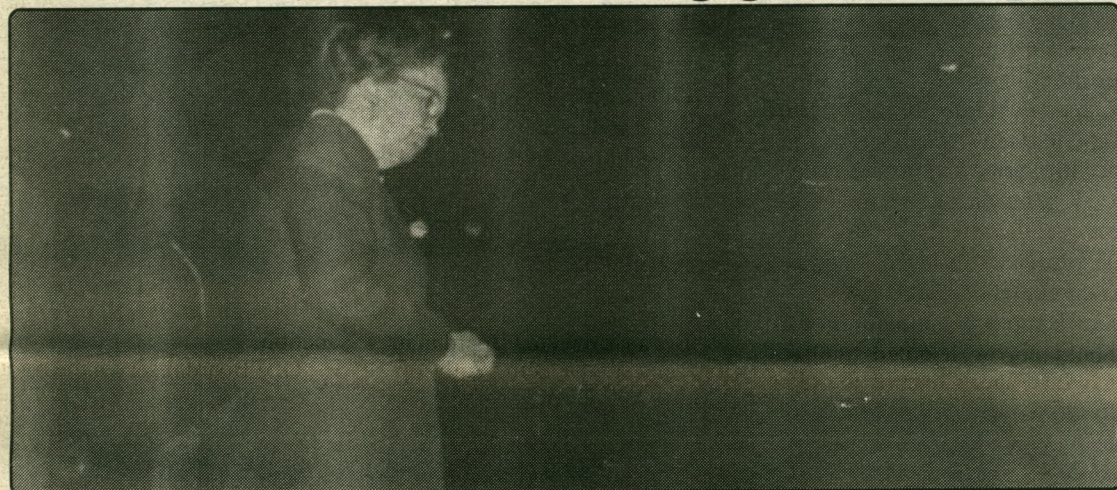


Photo by Gina Norelli

Lorraine Warren answers questions after their presentation Tuesday night in the Theater. During the talk, they showed a video of the White Lady at the haunted Union Cemetery in Easton. Amidst personal joking between the couple, stories were told that left some students scared to sleep alone.

Probation: Suspended for rest of semester

Continued from Page 1

that, "SHU does not and will not condone this type of unauthorized behavior which includes the transportation of our students to and from off-campus establishments."

In a meeting with Denise Sutphin, director of Student Life, following the influx of replies from students sent to Wielk regarding his e-mail, she made a specific demand to them.

She requested that O'Malley and Schietzel send out their own global e-mail, explaining to the students that Deja Vu is not a school sponsored event and why Dean Wielk feels it is wrong for students to attend this event.

"I made the deadline for the e-mail very clear; they did not reply. If they did what I asked, then I never would have sent the case to the Dean, and all of this would have been over before the break," said Sutphin.

According to O'Malley, he made a couple of attempts at setting up a meeting with Sutphin, but he could not get a hold of her. Sutphin replied to that comment, saying she is very often on campus and is not hard to find.

Both students will be on probation for the remainder of the semester. Both are also not allowed in the residence halls or the William H. Pitt Health and Recreation Center until after Spring Break.

O'Malley was also given an athletic suspension, which ended Feb. 6. "During my suspension, I missed three practices and two games, one of the games was against Southampton, and this is always a big game for us," O'Malley added.

Schietzel said, "I go to the gym all the time, because of this sanction I had to join World Gym for two weeks. He adds, "My girlfriend lives in West Hall. I cannot even go to see her."

Both students think that the sanction handed down doesn't totally fit the crime.

"I do see their point, that they had to do something, but I think the penalties imposed were a little extreme. I am just glad it is almost over," said O'Malley.

Disabled: Access throughout SHU unsuitable

Continued from page 1

also said so many people entering and leaving the building would wear out the automatic door buttons quickly.

Another problem is the accessibility of the William H. Pitt Health and Recreation Center. Angotta says its location on the hill presents a problem for physically disabled persons. She also said that many physically challenged people need transportation

to get up to the Pitt Center.

"We currently do not have vans that are wheelchair accessible," she added.

"I really think they should stop promising things and start doing things. They should hire an outsider to come to the University and survey what needs to be done to be a fully accessible university and to meet the standards of other universities such as SUNY Stony Brook and Hofstra," said Polovoy.

"We are definitely aware of what is going on. I have brought

it up on several occasions. It is just going to take time," said Angotta.

Madonna said his goal is to make Sacred Heart fully accessible.

"Our goal is to exceed the code requirements and that is what we are focused on doing in the North and South-Wing additions. We have put in new elevators. Also, the furniture for classrooms we are buying now includes pieces that are accessible," he said.

Lady Killer

Among many young women, smoking is viewed as stylish.

It is not. Smoking is deadly.

If you smoke, please consider stopping.

For help, information and support, please contact your local American Cancer Society.

AMERICAN CANCER SOCIETY

EDITORIALS

What ever happened to priorities?

Why, in the name of all that is holy, has Sacred Heart proposed the building of a pub that will cost as much as \$624,000 and seat 160 people? Whether you fund it through a loan and raise student fees or allocate some money to go towards paying for it, we believe that it isn't a good idea, because:

Earth to Administrators. Earth to Administrators. This is a *Catholic* University that has to hold Sunday Mass in the Old Gymnasium. This is a University that accuses its student newspaper of encouraging binge drinking. This is a University that has chopped down most of its Art Department. This is a University whose Public Safety is *dangerously* understaffed. This is a University whose students pay \$20,000 a year and cannot expect to find even one modern book in the Library.

We hope that the reasoning of those in charge hasn't fallen out of whack and they haven't lost the ability to prioritize.

We believe that if this plan is approved, it is sure to anger many departments at Sacred Heart. Now is the time for those who are being constantly neglected to protest this asinine proposal and demand that any money that might go towards a pub will instead go towards more worthwhile endeavors.

Enjoy your Spring Break

Sacred Heart University students are approaching Spring Break. If you can, forget about school for awhile and enjoy your time off.

The *Spectrum* believes that Spring Break is a time for relaxation and time to do things that you normally do not have time for. You may go on vacation or earn some extra cash at a job. You may watch hours of TV at home or enjoy the nice weather outdoors. It can be a time when schoolwork and papers are far from thought, or it can be a time to finally catch up on work that you are falling behind on.

Enjoy being out of school, and perhaps even, away from home.

Make sure to be safe whatever it is that you decide to do. You want to be in optimal health upon returning to your studies at SHU.

Our next issue will be March 12.



EL REÑO

How to help a person with an eating disorder

This week, February 23-27, is Eating Disorders Awareness Week. Even though you yourself may not be suffering from one of these illnesses, you may have a close friend, family member or

teammate who is, and it's probably having a profound effect on you as well. It isn't easy to watch someone you love hurting themselves in this way. The following ten steps were developed by Dr. Margo Maine at the Institute of Living as ways to help both your loved one and yourself.



BY JOCELYN NOVELLA

1. Recognize how powerful an eating disorder is. Your loved one who is suffering from anorexia, bulimia or related problems is not simply being stubborn or resistant, nor is he or she trying to hurt you. These disorders have a life and power of their own; they can overpower a person's logic and will.

2. Be compassionate toward the individual suffering. Try to see the person underneath the symptoms. She is in pain and cannot articulate that pain other than through her body.

3. Admit your anger, frustra-

tion and helplessness. Talk about it with others in similar circumstances. Look for a support group for family and friends of those with eating disorders, or consider Al-Anon, which may be more available to you.

4. Consider getting help for yourself from a therapist who is familiar with eating disorders. This will show your loved one that depending on others for help is acceptable and often necessary. Furthermore, this may help the person overcome his or her own resistance to seeking help.

5. Guilt and blame are common emotions for family and friends. Both, however, paralyze the process. Eating disorders are very complicated, multi-determined issues-rarely, if ever, are singular factors the cause. So, accept responsibility for any problems between you and your loved one, but do not immobilize yourself with guilt or with attempts to find someone or something to blame.

6. Logic doesn't work: Love does. It is easy to become involved in endless arguments about food, weight, health, shape, and body image. These are just symptoms. They cover up the real problem which is how the individual feels about her or him self. Talk about feelings, not about food.

7. Help your loved one to see that there's more to life than food, weight and shape. Be sure to talk

about her or him as a "person" not as a "patient" or "sick child." Try not to have the illness dominate both of you.

8. Accept that no matter how much you care about your loved one, you can't alone stop the illness process. Don't engage in a battle by weighing her or forcing her to eat. Do help her to find a therapist, a dietitian, a physician or a program where she can get professional help.

9. Ask the individual how you can help: Listen for the answer. At times, you can do nothing but be in the background. Other times, she may need or want more from you. All this may be confusing to you. It is important to let her be in charge.

10. Eating disorders don't just disappear, no matter how hard an individual or family works in therapy or how good a treatment program is. Recovery is a long, winding road, sometimes uphill, other times downhill. Don't expect your loved one to be perfect in his or her recovery. Help her take "one day at a time," or "one meal at a time." You need to do the same.

The Counseling Center is always available to talk to anyone about this problem, whether it's for yourself or for advice about helping someone else. Please give us a call at 371-7955, and remember that you don't have to go through this alone.

We need 4 more faculty, staff, or administrators to write a column this semester. Call our office to reserve your week. 371-7963 or 371-7966.

Stereotypes create walls of isolation that need breaking

College is a time of growth, learning, and independence.

Most people think college is the time where lasting friendships will be made, ties that will never be broken.

Some people will treasure the chance to interact with different cultures, explore new ideas, and make friends with people they otherwise wouldn't have anything to do with.

This is the great college challenge - to break down the walls of isolation which have been built around us since we were babies.

You're probably thinking, "I'm not surrounded by walls of isolation."

But you are. In some way, we all have been fed stereotypes

about other cultures. These stereotypes become stumbling blocks as we try to interact with people who are different. I don't care if you're from the north or south, east or west, you have been fed some stereotype, and if you take inventory of your friendships you will see how those stereotypes have affected your life.

I grew up in the city.

I went to an inner-city grammar school, and an inner-city high school.

Now, what's going through your mind? Perhaps when you heard the word inner-city, you immediately thought, drugs, gangs, and violence. That my friend is a stereotype.

Like it or not, you have been programmed to think this way. My friends didn't do drugs, they weren't part of gangs, and I've never seen a gun. Negative stereotypes will not only isolate you, but if you are unfortunate enough to fall under the stereotype, it

may destroy your life.

Young children who live in the inner-city hear these stereotypes, and since nobody is telling them otherwise, they begin to be-

PERSPECTIVE

lieve it, deciding that it is useless for them to try to achieve anything, because stereotypes say that people in their situation will only become drug dealers and thugs.

Stereotypes and the college student is a reality. Take an inventory of your friendships. Do you flock to people who look like you or who are from the same type of economic or ethnic background as you? Yes, being able to identify with someone is key, but you should not limit yourself to the same cultural relationships you had in Anytown, USA.

And we all do it. I will admit, if I were not working on the *Spectrum*, I would not even be friends with my co-workers. Not be-

cause I would have anything against them, it's just that stereotypes say unless you are the same color, you don't have anything in common. But we don't always like the same music. I love the alternative singer Alanis Morissette, and Brian Corasaniti, the co-news editor, can't stand her. Go figure.

Knocking down stereotypes takes work. I have had teachers and friends try to talk "ethnic" to me. Maybe they have good intentions, but English is not my second language. My first word was mama, not "Wuz up homiez!"

One day in class, a teacher was taking attendance. The teacher had those not called to raise their hands, an Asian girl was among them.

The teacher said to her, "Oh, I probably can't pronounce your name. What is it?"

She replied, "Melissa."

Stereotypes will get you every time.

EDITORIAL POLICY:

The editorial pages are an open forum. Letters to the editor are encouraged. All submissions are subject to editing for spelling, punctuation, grammar and clarity. The *Spectrum* does not assume copyright for any published material. All submissions are reviewed by the Editorial Board.

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WORD CROSS RD

If the SHU Fits

by Jeremy Staub

ACROSS

1 Dagger handle
5 Toward the left, nautically
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14 Chinese gelatin
15 Sword
16 Cab charge
17 Body of knowledge
18 Image: pref.
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20 Establish by law
22 Teacher
24 Commotion
26 Uppity one
27 Vessel with sails
31 Young horses
34 Ache
35 Call forth
37 Notable times
39 Timetable abbr.
40 Whitney or Wallach
41 Kimono sash
42 Coaster
44 Spot
46 Stratford-upon-Avon
47 Willow rod
49 Cook's items
51 Durocher and others
53 For men only
54 Furtive
58 Apostles' number
62 Lane
63 Terre —, Indiana
65 Withstand
66 Church section
67 Actress Burstyn
68 Banister
69 Unwanted plant
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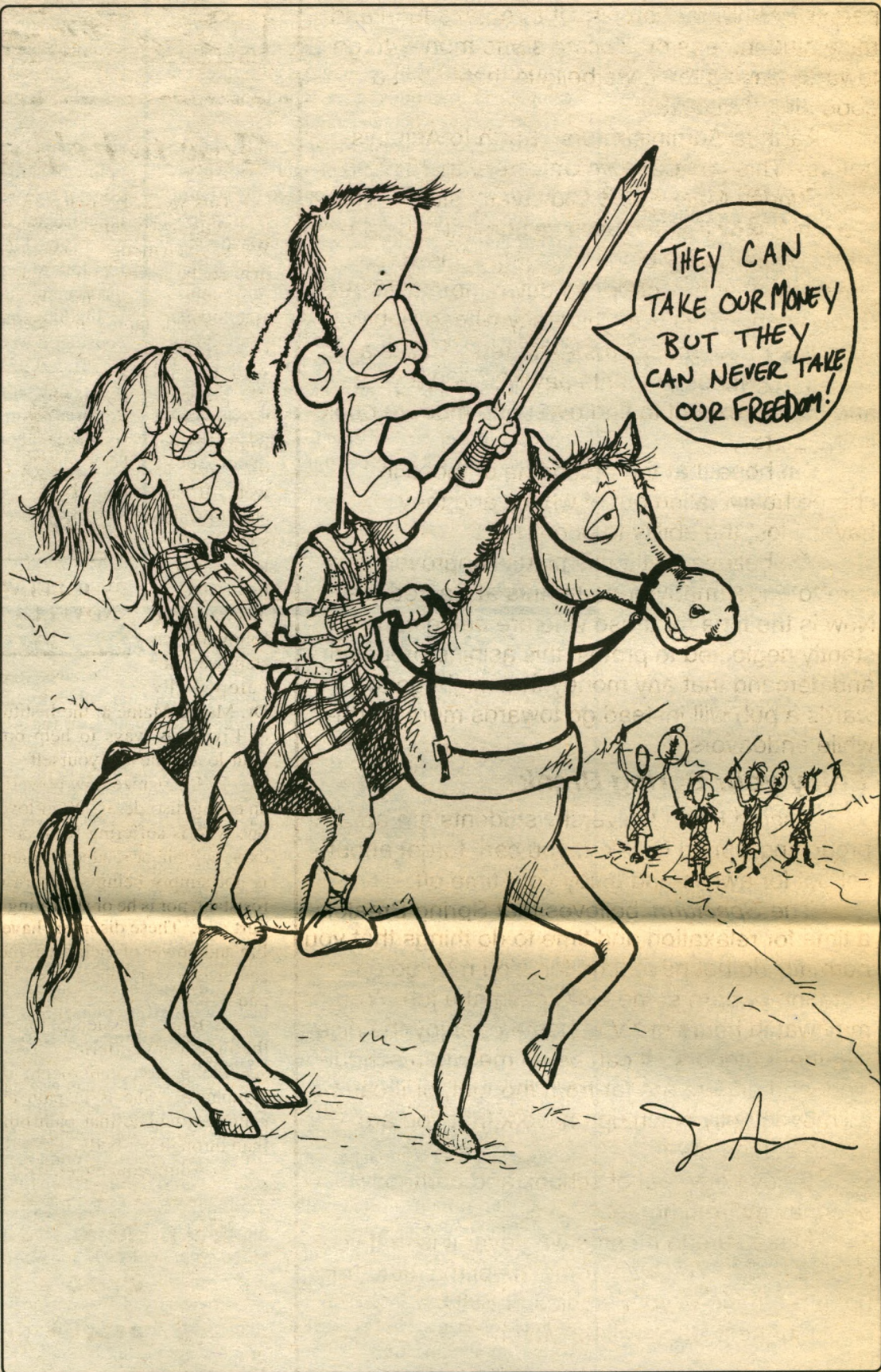
1 Nimbus
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3 Fat
4 Turncoats' crime
5 Silly
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9 Defeat decisively
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23 Bill and —
25 Carouse
27 Mineral springs
28 Monte —
29 Charters
30 Functions
32 Treasure —
33 Wooden shoe
36 Breaks, as a habit
38 Transgressions
43 Opened wide
44 Foamed
45 Young felines
46 Math branch
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50 Ordinance
52 Layered rock
54 George Bernard —
55 Make recordings
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59 Tragic king
60 Fruitless
61 — Stanley Gardner
64 Spread to dry

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9/24/97

ANSWERS

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
17				18					19			
20				21			22		23			
24				25			26					
27	28	29				30		31		32	33	
34				35			36		37		38	
39				40						41		
42		43	44				45		46			
47		48			49		50					
51				52		53						
54	55	56				57		58		59	60	61
62				63		64			65			
66				67					68			
69				70					71			



The SHU Voices

Compiled by Kerrie Darress

What are you going to do for Spring Break?



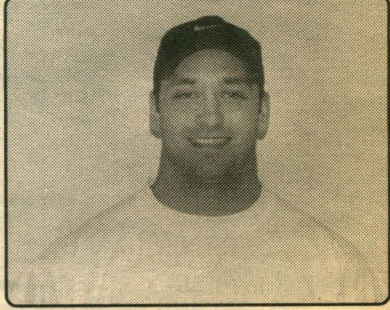
Darby Getzewitch
junior
Uncasville, Conn.
"I'm going to Cancun with my roommates."



Brian Rauenbush
junior
Shagin, Penn.
"I'm going to Ireland to play Rugby and drink with the team."



Dana Scinto
senior
Milford
"I'm going to have the most outrageous and fabulous time in the Bahamas."



Bob Kipp
junior
Verona, N.Y.
"I'm going to Georgia to play baseball."

MESSAGES TO THE DEAN OF STUDENTS LARRY WIELK:

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& Publisher**
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I am writing in regards to my cartoon that was printed in the February 19 issue of the Spectrum. Many issues have arisen over the cartoon's publication.

I have been made to defend myself, so with much regret, here's my explanation. As a political cartoonist, it is my job to provide viewers with a good laugh. I take ideas from students and certain issues on campus and give them a satirical twist. This I believe, includes all figures on campus, be it administrative figures or not. I have to cater to what readers like to see.

The Spectrum is a newspaper, and it should be backed by first amendment rights. However, when things become too personal to the administration, "the mission of the University" becomes entangled with the freedom of the students and their contributions to the publication.

It is my job to provoke thought and controversy over my cartoons. Any satirical cartoonist would tell you this. If I wasn't generating this kind of reaction, I wouldn't be doing my job. I am not sorry for my artwork nor its subject matter, but I am sorry that an issue has been raised at all. I never deliberately intend to offend anybody, and that is the last thing I set out to do.

Sincerely,

Jeremy Staub
Cartoonist

I would like to apologize to the Dean of Students, Larry Wielk, for the "If the SHU Fits" cartoon that appeared in last week's paper.

It may have crossed the sometimes thin line between satire and offensiveness and perhaps I should have thought more carefully before I published it.

I am sorry for any pain or humiliation that it may have caused you, Dean Wielk.

I can assure you that the cartoon was not aimed at destroying your dignity.

I myself didn't realize the possible offensive connotation of the cartoon until it was pointed out to me the day after publication, and I do not believe the cartoonist even realized it or intended any connotation to be derived from it.

Since I hired Jeremy, I have given him the freedom to depict current issues on campus in the manner that he wishes. I have strong faith in his judgement and admire his creativity. I consider it to be his cartoon.

But, with sincere regret for not exercising what some administrators believe to be proper editorial scrutiny (that unfortunately was at your expense), I hope that you will accept this apology.

Sincerely,

Gina Norelli
Editor-In-Chief

On behalf of the Spectrum staff, myself included, I would like to apologize to the Sacred Heart community, and especially to the Dean of Students Larry Wielk.

Last Week's issue of the Spectrum contained a political cartoon that may have offended Dean Wielk.

I would just like to say how personally sorry I am about this whole incident.

I didn't realize the severity of the cartoon and how it may have affected others.

I believe the meaning carried too far, and the overall meaning was misinterpreted.

It was not meant to take away from his integrity, or call him a "jack ass" in any way. It was just meant to be a harmless joke which public figures usually handle well.

Again, Dean Wielk, I hope you can accept my personal apology and disregard the cartoon which you found insulting.

Sincerely,

Wayne Kosminoff
Associate Editor

The hidden side of eating disorders: One woman's struggle

Usually when we think of people with eating disorders we picture thin, emaciated women. While this is true there is another unfamiliar side to this disorder.

Known as compulsive over-eating or food addiction, the physical symptoms of this aspect of disordered eating are the direct opposite: eating large amounts of food at one time and, in some cases, extreme obesity.

For those physically addicted to sugar and flour in the same way as an alcoholic is to alcohol, life is a constant struggle, filled with devastating consequence.

For years, people have suffered from overwhelming physical cravings for certain foods, only to think of themselves as weak-willed immoral victims without hope of managing their lives. I know this firsthand.

During my time as an undergraduate at SHU, my life was filled with pain and misery. Though I

didn't know it, I suffered from an eating disorder that ruled my life. I didn't care about learning new things or being involved in activities. All that mattered to me was when, where and how I could eat the sugar-filled foods I loved so much.

Most times, I couldn't even concentrate in class because my mind was filled with obsessive food thoughts. Nothing and no one mattered to me as much as food did. And, even though SHU had a wonderful counseling center, I wasn't willing or able to ask for help.

By the time I began graduate work at Syracuse University, I weighed over 300 pounds. My life was completely unmanageable. I could hardly get up in the morning. My head was foggy and unclear. I couldn't focus on what others were saying and all I wanted to do was eat.

Physically, I was in terrible shape. My feet ached all of the time and I could hardly walk a few feet without being short of breath. I suffered from chronic diarrhea and I was in danger of collapsing. I couldn't keep up with others in my classes when we went on loca-

tion to do video shoots and many times I completed my assignments or studied while bingeing.

The frightening thing is that I was completely unaware of just how out of control my life was until I went to the counseling center at Syracuse. I didn't go because of my weight. I went because I wanted to know how to make a man love me. The one thing I could not deny was the devastating loneliness I felt. For that, I wanted help.

Though it took a lot of hard work on everyone's part, I began to realize that I suffer from an eating disorder. I had heard of, and in my sick state envied, people who suffered from anorexia, but no one had ever told me about food addiction.

While it is my responsibility to remain in recovery, it is not my fault that I wasn't able to stop eating. Just as an alcoholic needs to remain sober, I need to abstain from those foods that trigger me to eat more.

On this occasion of Eating Disorders Awareness Week, I would like to offer hope to those who are where I was once was: things do get better. It is possible

to recover from an eating disorder of any kind.

Even in my wildest dreams, I never considered that I would be able to speak in front of others. I always hid in the back of the room so I wouldn't have to say anything in class. Yet, today, in addition to teaching at SHU, I regularly speak in front of large groups about that which I so shamefully hid for years—my eating disorder.

Now, my mind is clear and sharp. I can think logically and am no longer trapped by food thoughts.

I no longer wake up dreading the day. Today, I am excited about life and grateful to be given a second chance to make up for the things I missed.

I say all of this not to brag, but to offer hope. If I can recover from the depths of despair that once ruled my life, anyone can.

Debbie Danowski is an adjunct instructor in the Department of Language, Literature and Media Studies who has published over 100 articles in local and national magazines and newspapers including *Woman's Day*, *Seventeen*, and *First For Women*. She is a former Feature's Editor of the *Spectrum*.

Letter to the editor

CHAIR OF GREEK JUDICIAL BOARD SETS THINGS STRAIGHT WITH FEB. 5 ARTICLE

To the Editor:

I am writing this letter to the editor in response to the article "Sorority Hit With Allegations" published on February 5, 1998. The Greek Judicial board wishes to respond to statements made by the author, Joe McGuigan, which are inaccurate and/or incorrect.

The sisters of Kappa Phi were requested to appear before the Greek Judicial Board on January 25, 1998 to respond to allegations made against their sorority by an anonymous individual. This individual placed a letter in my mailbox providing evidence to support his/her accusations.

As chairman of the Greek Judicial board, it is my job to present issues of concern in Greek

Life to the members of the board during our weekly meetings. Contrary to Mr. McGuigan's article, I am not the President of Greek Council, nor does that position even exist in Greek Life.

One of the most glaring discrepancies in the article was with the trial process. The author quoted from the Greek Life manual to explain the process. Yet later in the article he uses a quote that I gave him during his interview of me; "Ed Page says...adding that what is written in the outline regarding the J-Board proceedings in the Greek Life manual is incorrect." The Greek Life manual distributed in the Fall of 1997 to members of Greek Life does not portray an accurate description of

the Greek J-Board. I explained this to Mr. McGuigan numerous times and frequently asked him if he would like a copy of our Constitution, yet he declined the offer. What puzzles me as well as members of the board is why the author refers to the manual even though he knew it was incorrect.

The board does wish to point out a few things regarding the sorority which were, again, inaccurately depicted in the article. This semester, Gail Capone is the President of the sorority, last semester's President was Wendi Plescia. Bridget Flynn is quoted as saying that Kappa Phi is a "new" sorority on campus, but what the Greek Life manual does correctly state is that the sorority was

founded in the Spring of 1993.

A hazing allegation must be taken seriously. Contrary to what some in Greek Life believe, hazing does not build character nor does it take place in every Greek organization. If the Greek Judicial Board ignored these problems, whether it happens in one organization or in all organizations, the board's credibility would be tarnished.

My only request to the Sacred heart community and in particular to the members of Greek Life is that if you have a problem with the Board or the actions of the Board, please bring it to my attention.

Edwin Page
Chair of the Greek Judicial Board

FEATURES

The art of keeping an academic journal

By Stacey Shepard
Staff Writer

Many of us recall keeping a diary when we were younger. If we were to reread those diaries, many of us would find simple, carefree entries about the person we had a crush on, or about the time we spent with a friend.

"When you're little, a diary is more of a daily account," said Jen Taillon, a first-year social work major from N.J.

"To me, a diary is a stupid childlike thing. When I got to high school, it became more meaningful, a journal," added Taillon.

"At least it got you started," said Eric Rutberg, personal counselor and assistant director of Career Development.

Rutberg's intent in sending an e-mail to the Sacred Heart University student body was just that, to encourage students to maintain journals. His e-mail started a new group on campus called Journal to the Soul.

The book, "Journal to the Soul," by Rose Offner, inspired Rutberg to start the group and now serves as the outline for weekly journal entries.

The group meets once a week at the Park Avenue House to share and discuss their entries. Confidentiality and a promise to be honest with group members and themselves are an integral part of the group's agreement.

"A journal is a place to re-

lease feelings and emotions," said Taillon.

"I can see the way my handwriting changes with my emotions as I become calmer," she added.

An individual's style of journal writing may change as we change. "If I went through an intense experience or something that changed me, I'd write a story. Now I keep a journal," said Rick Canfield, a sophomore English major from Monroe.

"I write poems based on my experiences, just to reflect," said Antonella McClennon, a sophomore business administration major from Bridgeport.

Many journals, such as "The Diary of Anne Frank," have been published and read by many. However, our journals can be whatever we want them to be.

"A journal shows how much you've grown."

On her talk show, Oprah Winfrey encourages keeping a gratitude journal. Often, she refers to the book, "Simple Abundance," by Sarah Breathnach.

Some SHU students keep a log of their dreams, while others maintain notebooks full of inspiring quotations.

Approximately 15 years ago, Dr. Ralph Corrigan, professor of English, started the Journal Writ-



Above is Eric Rutberg, founder of the Journaling Group.

Photo by Kerrie Darress

ing course and has been teaching it every spring semester since then.

The work of psychologist Ira Progoff serves as the basis of the course. "I really thought the experience Progoff was teaching was something that I wanted to teach," Corrigan said.

Corrigan describes this part of the course as "intense, personal and private." Therefore, he does not collect and grade journal entries.

"I recognize that people might be getting into very deep experiences," said Corrigan, in describing the reasons for his grading policy.

The graded portion of the

class is determined by written responses to various sights that are "selected for their impact and differences," Corrigan explained.

"Students in my class are invited to share, if they want to. I always go first," Corrigan stated. "My job is to create a supportive atmosphere."

In the book, "At a Journal Workshop," Progoff writes, "The Intensive Journal is specifically designed to provide an instrument and techniques by which persons can discover within themselves the resources they did not know they possessed."

"A journal shows how much you've grown," said Kelly Libby, a junior psychology major from

Enfield.

"When I write, I get stuff on paper from the back of my mind," Libby stated. "I think it's hard to find a quiet place to write here. Writing in the library is too much like doing homework," she added.

While some students prefer to write in the confines of their bedroom, others turn to nature for a peaceful writing atmosphere.

"Over the summer, I like sitting on the beach at night and writing," said Taillon.

The key to maintaining a journal is remembering it is our personal space to record any of our thoughts, feelings or reactions.

Eating disorders plague youth

By Keysha Whitaker
Co-Features Editor

Food is an important part of life. People need food to live.

Eating is also an important aspect of socializing. It is not uncommon to invite someone, or be invited to share lunch or dinner.

Unfortunately, for people with eating disorders, sitting down to a meal is not an easy task.

Many students feel differently about eating disorders.

Junior Shawn Dougherty, a criminal justice major from Rochester, N.Y., said, "I have never known anyone with an eating disorder. I think it's stupid."

February 23 - 27, 1998, is Eating Disorders Week. There are two eating disorders which plague young adults, men and women - anorexia nervosa, and bulimia.

Senior Martha Burke, a media studies major from Beverly, Mass., said, "My cousin is anorexic. She is 19 years old. She was hospitalized when she got down to 84 pounds. I have a

really big family and everyone noticed. I think her parents were in denial until it got really bad."

Anorexia nervosa (commonly known as anorexia) is a mental illness which leads to an individual ignoring hunger, and restricting food intake to a dangerous point where starvation and death are real possibilities.

The physical symptoms of anorexia are dry, cracked skin, the sensation of extreme cold, dull hair, loss of body fat, dizziness, amnesia, heart and kidney failure, and in women, the cessation of menstruation.

Bulimia, a disease which is accompanied by binge-purge behavior. The bulimic will binge, consume large amounts of food at time, then purge, get rid of it by vomiting or the abuse of laxatives.

Physical symptoms of bulimia are difficulty swallowing and retaining food, swollen and infected salivary glands, damage to the esophagus, bursted eye blood vessels, excessive tooth decay, and loss of tooth enamel.

Some of the time, anorexia nervosa and bulimia are intertwined. The binge-purge syn-

drome of the bulimic may be triggered by the hunger brought on by anorexia or excessive dieting.

Jocelyn Novella, a personal counselor at SHU said, "Eating disorders do affect young women. The symptoms usually start showing up around the college age. We have these programs on eating disorders because although the individual may have had symptoms in high school, they tend to be more pronounced in college."

In *Food's a Foe*, by Nancy J. Kolodny, it says there is an "illogical logic" to eating disorders. Eating disorders may be a way of coping with problems that can't be openly discussed.

Victims may feel insecure about themselves because of the comments of others.

"It's really disturbing to see people obsessed about eating and their weight," Burke added.

Everyone can take a part in the prevention of eating disorders.

Every individual should think before they speak.

If individuals cease ignorant comments, that will play a big role in the prevention of anorexia nervosa and bulimia.

Saving spare time

By Amber Schaper
Co-Features Editor

Incoming first-year students often get caught up with the freedoms of college life. Most are away from home for the first time, and overwhelmed with their new lifestyle.

But students of all years may fail to complete their work on time, especially now with midterms approaching.

Some tips which may help

anyone to save time are the following: to make a schedule, keep it, and allot enough time for each individual activity to be completed. It is important to make sure that individuals not only set realistic goals, but also that they don't make impossible deadlines for themselves.

Making a schedule and sticking to it is one way to get rid of accumulating stress. Knowing that all your work is done will make spring break more enjoyable.

Guess what Johnny's bringing for Show and Tell today.



Lungs: no smoke required

By Bridget Flynn
Contributing Writer

Everyday, more teenagers and young adults are getting hooked on nicotine.

According to a recent *New York Times* article by Barry Meier, federal data shows that 33 percent of high school students smoke. That is up from 25 percent in 1991."

Smoking was once socially acceptable in our society.

Today, smoking has been banned in most public buildings, at work sites and on public transportation and has become increasingly unacceptable in restaurants, private homes and cars, writes Jane Brody in the *New York Times*.

"My grandma would tell me stories about how people were

allowed to smoke cigarettes in movie theaters and office buildings without any problem," said Wendi Plescia, a senior from Emerson, N.J.

"Although I am a smoker, I agree with the current day standards because otherwise I would be smoking all the time," Plescia added.

Nicotine is an addictive drug, which makes it difficult for people to break the habit.

"For smokers who have become dependent on nicotine, each dose, each cigarette, sets up a craving for the next one," said Brody.

"I feel like I want to quit but I just can't," said Lynn Obracnik, a sophomore from Long Island, N.Y. "I have tried to quit before and it just doesn't work."

Many products are currently on the market to help nicotine

addicts put a stop to their habit. Gums and patches supplies doses of nicotine so smokers can taper off gradually, according to Brody.

"Chewing gum or using a patch is much safer than smoking because these products are free of the cancer causing and lung damaging substances in tobacco smoke," said Brody.

"I was able to quit cold-turkey," said Gail-Sue Capone a senior from Medford, N.Y. "I decided to quit five months ago and I haven't smoked since."

Not every smoker will be able to quit on the first try.

"Those who relapse have not failed, they are simply practicing quitting," said Karen Monaco of the American Lung Association.

Though it may seem hard to quit smoking, it is definitely a wise investment. Having lungs will always be in style.

AIDS awareness comes to SHU

By Adiola McCalmon
Contributing Writer

Pss. Did you know that last week was AIDS awareness week at Sacred Heart University and at every other college and university in America?

It is arguable that information concerning AIDS Awareness week has not been promoted enough, or even that it is the fault of the "institution" that the vast majority of the student body are not aware that last week was a week to further acknowledge the epidemic that continues to sweep through the world.

First-year student, Julie Bellitto said, "No, I had no idea it was AIDS Awareness week."

However, there are countless posters, pamphlets, and other literature around SHU about the importance of knowing how to prevent oneself from becoming infected.

These pamphlets also discuss affects them at a college institution.

According to the Centers for Disease Control and Prevention (CDCP), and the American College Health Association, it is estimated that one in every five hundred college students is infected with the HIV (Human Immunodeficiency Virus), the disease that causes AIDS (Acquired Immune Deficiency Syndrome).

HIV/AIDS is the sixth leading cause of death among pupils 15-24 years of age in the United States.

With these staggering statistics, it is incumbent that all of SHU's students not only become aware, but become active in preventing themselves and their peers from this life expiring disease.

Knowledge concerning how to prevent HIV/AIDS is the most important step to be taken in protecting oneself.

Yet, the CDCP has produced reports indicating that increased knowledge of HIV/AIDS does not always result in a positive behavioral change.

This report, when taken into account, is quite alarming when paired with the finding from the American College Health Association's, which states that the HIV epidemic is not slowing down on college campuses.

Two major reasons that HIV/AIDS is not ceasing on college campuses even with programs designed to educate students, include drugs and unprotected sex.

Alcohol or any other drugs, when mixed with sexual activity, does impair one's judgement and may lead one to engage in unsafe sexual practices.

Unfortunately, many young people think that this disease can not happen to them.

In reality, AIDS can happen to all kinds of people from all

walks of life.

AIDS was discovered in the early eighties and since then has taken many lives and also destroyed many families.

Both men and women, including teenagers and college students, can pass HIV to a partner, whether he or she is of the same sex or the opposite sex.

This can occur during unprotected vaginal, anal, or oral sex through contact with infected semen, blood, or vaginal secretions.

Bellitto said, "People who are at a higher risk of getting AIDS are probably gays, lesbians, and drug users."

There are almost 1.2 million people in the United States infected with HIV.

It is impossible to discern who they are based on appearance.

This makes it imperative to all college students and others to educate themselves about HIV/AIDS.

Remember that unprotected sex is not alright, for in 1998 we still have no cure for AIDS.

Yet, when a few students were about their fear of acquiring this disease, many individuals insisted that it does not apply to them, because they do not fall into any of the necessary categories.

But we all do. In order to be able to get the HIV/AIDS virus, you only have to be human.

African American Inventions

Ironing Board
Home security system
Typewriter
Shoe
Photo print wash
Guitar
Space shuttle retrieval arm
Bicycle frame
Stairclimbing wheelchair
Urinalysis machine

Sarah Boone
Marie Brown
Burridge and Marshman
W.A. Deitz
Clatonia J. Dorticus
Robert Flemming Jr.
W.M. Harwell
Isaac R. Johnson
Rufus J. Weaver
Dewey Sanderson

Freedom's necessity

By Christopher Sherman
Contributing Writer

African-Americans found two important factors as contributors to inventions: necessity and freedom. Freedom meant that creative individuals could have their works patented. During the Great Enslavement any objects invented by an enslaved person was owned by the enslaver. How many inventions were developed by blacks but credited to white inventors during the Great Enslavement, no one knows.

Blacksmiths, particularly, were responsible for fashioning new inventions in order to make the work on the farms easier. Sometimes one enslaved person would take an idea to a blacksmith and ask him if he could create something to perform a certain task. When they were able to accomplish these creative feats to lessen the drudgery of their work, they felt some satisfaction.

More than three hundred patents were recorded during the twenty-nine year period of 1871-1900. Many of these patents were being developed during the Great Enslavement and were only revealed when slavery had ended.

At that time, most of the African-American population was illiterate, few men or women could read or write. Yet, within a few years, inventors were capable of seeking their own patents. Many of the inventors used oth-

ers to secure their patents for them. In some cases, unscrupulous lawyers and friends took advantage of the ignorance of the African American inventors and claimed the inventions as their own.

Many African-Americans, instead of securing the patents for themselves, sold the patents to entrepreuneuring whites- who then made money on the inventions of African Americans.

The case of Garrett A. Morgan is one of the most celebrated examples of an African American selling his invention or idea to whites who went on to reap great financial benefits from the idea. Morgan was born in 1877 and lived until 1963. He was an exceptionally bright inventor, creating several products of benefit to society.

Morgan's gas inhalator was shown to be effective against smoke when he rescued several men in Cleveland while wearing the inhalator. Hundreds of orders came in for the inhalator from fire companies throughout the United States.

When Southerners found out that the inventor was African-American, they often canceled their orders. In the First World War, the gas inhalator was transformed into the gas mask.

Afraid that the prejudice against his race would hinder selling his most famous technological invention, Garrett A. Morgan sold his automatic traffic light invention to the General Electric Company for \$40,000.

CAMPUS HAPPENINGS

Jeopardy

Tonight in the Pub, there will be a special game of Jeopardy in honor of Black History Month.

Midterms Week

This week is SHU's week of midterm exams and papers. The Spectrum Staff wishes all students the best of luck in their upcoming exams.

Spring Break

Spring Break is March 2-6. Have fun on your vacation from school.

Workplace spirituality

On March 10, at 6:30 p.m. David O'Connor, Ph.D., Senior Academic Fellow, Morris Institute for Human Values will be the featured speaker at the annual corporate dinner retreat, "Workplace Spirituality." Call 371-7867 for reservations.

—Compiled by Amber Schaper



DIVERSITY

Diversity is the theme of the 1998 *Prologue* Yearbook. Make yourself known in the SHU community by writing a poem of any length, about diversity here at Sacred Heart.

The winner of the contest will have their poem published in the *Prologue*.

Faculty, staff, and students are all encouraged to enter.

Entries must be returned to the Prologue office by Tuesday, March 10th

This contest is a chance for you to be a part of Sacred Heart's yearly memento of our community.

We hope all are inspired to enter.



SHU and Alpha Home team up for exhibit

By Tara S. Deenihan
A&E Editor

Sunday marked the first in what may become an annual art exhibition sponsored by Sacred Heart University and Alpha Home of Bridgeport. The two collaborated this year to create "A Portrait of the Homeless," a show using artwork by Sacred Heart students to raise money for Alpha Home.

Present and former SHU students contributed 30 pieces for the show, held in the Mahogany Room. Six pieces were sold, raising approximately \$2,000 for Alpha Home. Other donations are still being received from the event.

"I thought it was terrific," said Kathy Hunter, chair of the Event Board at Alpha Home. "It really creates an awareness of what's

going on out there."

Works sold included Bonnie Glovaski's "Homeless," which was sold by silent auction, "The Playground," by Michelene Munrow, "In God We Trust," by Carlin Guarneri, "Homeless," by Janexie Cordero, "Self-Storage" by Linda Nemergut, and "Our Dogs, They Don't Drink," by Terra Wilcoxsin, a Trumbull High School student who attended a class at Sacred Heart last semester.

Former students Joe Bender and Chris Korkora also contributed to the show.

Most of the pieces were cre-



"Homeless," by Bonnie Glovaski was sold by silent auction.

ated in Illustration classes taught by Jack DeGraffenried. DeGraffenried said of the event, "It planted the seed of something

very good for the University, Alpha Home and the community in general."

He continued, "Part of the

mission of the University is working with Bridgeport...this is a way of us reaching into the community."

In its 10 years, Alpha Home has helped over 140 families get back on their feet.

"(It's) a program for families to help them become self-sufficient," says Jack Hickey-Williams, Vice Chair of the Event Board. "What separates Alpha Home from the other facilities is that it looks at the whole needs of the family."

Both Sacred Heart and Alpha Home hope to make the exhibition an annual event.

"We expect it to be bigger and better each year," said Hunter.

"It's always beneficial for us to be able to work with the University," said Hickey-Williams, citing the "creative energy of the students."

Aquabats swim into Outpost

By Matt Flood
Contributing Writer

For all of you who missed the Scagnetti/Jikershow, you missed a crazy night filled with dancing, and the Outpost getting completely buried in toilet paper and silly string.

About 400 people showed up, and we collected a couple of boxes of canned goods for St.

Charles food pantry in Bridgeport...and now onto the next concert at SHU.

March 9 — Spring Break's over. Classes start again. Get back into the rat race with a relaxing night of insanity in the Outpost. The Pub opens Monday night to welcome everyone back. Along with the Pub staff and the SET Band Committee, the night's entertainment will



Gwar), an appearance on MTV's "Loveline," their hit single "SuperRad," and directing videos for Reel Big Fish, they've gained a reputation for being a crazy live show, complete with the official Aquabat costumes (matching wet suits and masks).

Now they face their most fearsome opponent...THE WEST HALL COUNCIL!! Dupre vs. The Aquabat in a

steel cage match! Well...not quite, but it'll be interesting nonetheless.

So come on down to the Outpost — it's free for SHU students, bring your ID if you're over 21 to drink and prepare for the Fury of the Aquabats.

Obligatory plug to make Mike Dutton happy...Happy Birthday Dutton!

Watch for info on Habitat for Humanity's Ska Fest 2!

be the Aquabats, all the way from California.

The band is using their day off of the Sno-core festival to play at Sacred Heart.

Now if you haven't heard of the Aquabats, they're a crazy 7 (sometimes 8) piece band that claims to be superheroes from the planet Aquabania sent to save the Earth from the forces of darkness.

After touring with Gwar (yes,

Pickle's Poetry Jar

So Close to You

so close to you
yet so far away.
everything I said was true
but you left anyway.
i would never hurt you.
i thought you felt the same.
but I guess I was wrong about you.
because you broke my heart when you went away.

now i stand here empty-handed
with my back against a wall.
caught between a rock and a hard place
with nothing left at all.
all i had i gave to you
and you threw it all away.
i guess i was wrong about you
because you broke my heart when you went away.

so what am i to do now?
with everything you've put me through.
i can't even kill myself...
because i know how much it would hurt you.
you see, i would never hurt you
and i thought you felt the same.
but i guess i was wrong about you.
because you broke my heart when you went away.

--by Kevin Horgan

Do you know someone or something that you'd like to see in A&E? Call Tara at x7963.

SHU students show in Fairfield

By Tara S. Deenihan
A&E Editor

Students from classes in the SHU Art Department are currently showing their talent in Fairfield's Cafe Tazza. The show, organized by students, represents work done in watercolor and illustration classes.

Debra Mahony, a student in Judith Randall's watercolor class as well as Jack DeGraffenried's illustration classes, spearheaded the show to feature pieces by herself and fellow students.

Fellow student Bonnie Glovaski was also instrumental in organizing the show, which will remain at Cafe Tazza until the

beginning of the Student Exhibit in the Sacred Heart Gallery of Contemporary Art. Of the works in the coffee house, 12 will also be shown as part of the Student Exhibit.

Students featured include Mahony and Glovaski, Laura Vardzik, Holly Burk, Rosita Bradshaw and Irene Ferreira, as well as other students from Randall's and DeGraffenried's classes.

The response from the public has been very enthusiastic — it's been very well-received in the coffee shop," said Randall.

Most of the works featured are master studies of portraits or landscapes from Randall's class, but there are original composi-

tions from DeGraffenried's classes as well. Randall has students in her Watercolor class copy master paintings in order to help them understand the use of color and light. By studying master paintings, the students can learn from the works of artists like VanGogh, Matisse and Cassat.

"I think it's terrific work, it deserves to be seen," said Randall, adding that "it says something about the quality of students we have at this school."

Randall also emphasized the fact that the show was entirely motivated and organized by the students, particularly Mahony and Glovaski. She said, "This class had an extraordinary level of talent and enthusiasm."

A&E Briefs

English Club used book sale

The English club will be selling used books outside the Faculty Lounge on Feb. 27 from 1 - 3 p.m. Donations of used books are being accepted, and should be brought to the English Dept.

Habitat for Humanity Skafest Part 2

Habitat for Humanity will host its second benefit show on March 14 featuring Sgt. Scagnetti, 8 Days Without Cable, Step Lively, The Lucid Trio and many others. The show starts at noon in the old gym. For more information call Matt Flood at X6326 or e-mail Plaguerat2@aol.com.

Get your movie tickets!

Student Activities is selling tickets to Showcase Cinemas for \$5 each. Tickets can be used for any movie at any time. For information, stop by Hawley Lounge or call Amy at X7675.

—Compiled by Tara S. Deenihan

Lara takes music to a new level

By Elizabeth Hyer
Co-News Editor

Did you ever get a song in your head that just won't get out, or been so inspired by the music that it's all you want, or rather need to hear? If you haven't, it must be because you have never experienced music by Nil Lara.

Singer/songwriter Nil Lara combines experimental irreverence with a solid understanding of the global language of music. His songs embody both cross-cultural rhythms and pop music styles.

The tracks on his self-titled debut album include emotional yet unsentimental expressions of universal themes of love, longing and loss, nostalgia and biting meditations on this modern world. His rich melodic vocals slide into a rhythmic chant that will be sure to make you get up and dance.

The first track, "Money Makes the Monkey Dance," demonstrates all of Lara's talents. He combines Venezuelan melodies with mind-inspiring lyrics. He sings of the impact money has on society and how almost anyone

will do anything for it.

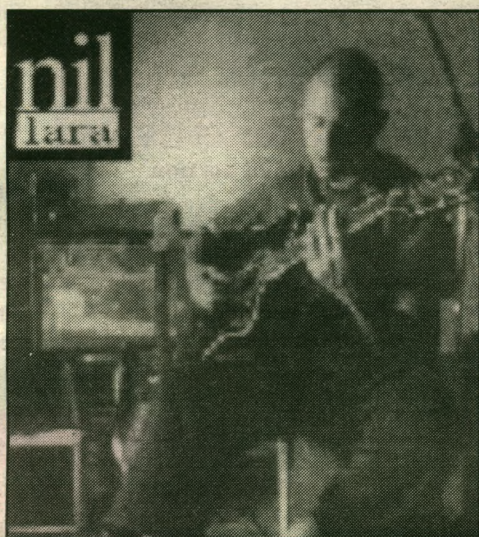
Lara was born in Newark, N.J. to Cuban immigrants, but spent most of his childhood in Venezuela. His time in Venezuela exposed him to music lessons and the folkloric traditions vibrantly displayed in his music. He also incorporates the Spanish language into some of his songs.

"I love Nil," said Marianne Cardo, a junior from Garden City, N.Y. "He always puts me in a good mood and his music is great. His lyrics make you think, which is one of the reasons why I enjoy

his music."

Another thought-provoking song is "My First Child." Lara sings of the love a mother has for her child and how she will do anything for it, all the while knowing that she will lose that child to another love.

If anyone is interested in hearing Nil Lara perform live, he will be touring the Northeast soon. Other than that, your only chance to hear him sing is to go out and buy his CD.



Nil Lara Contributed Photo

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IN THE SPOTLIGHT



Andrea Klancko
Women's Track

The freshman thrower from Old Saybrook, earned Second Team All-Conference honors at the NECC meet, finishing second in the 20 lb. weight throw with a personal best and new school record throw of 42' 1." She also placed sixth in the shot put.



Stephanie Smith
Women's Track

The senior distance runner from Hope Valley, R.I. finished third in the 5,000 meters at the NECC, just missing conference honors. She ran a personal best time of 19:55, surpassing her old mark by over 20 seconds. She also placed sixth in the 3,000.

Fact of the Week: Three SHU women's basketball players were named to NECC teams for their performances this season. Sophomore Heather Yablonski was named to the First Team All-Conference while senior Chrissie Perkins and junior Jen Rimkus earned Second Team status.

American medal winners at the 1998 Olympic Winter Games

Gold

Tara Lipinski, figure skating
Picabo Street, Super G
Women's Ice Hockey
Eric Bergoust, Men's Aerials
Jonny Moseley, Moguls
Nikki Stone, Women's Aerials

Silver

Michelle Kwan, figure skating
Men's Luge Doubles
Chris Witty, Speedskating

Bronze

Men's Luge Doubles
Ross Powers, Snowboarding
Shannon Dunn, Snowboarding
Chris Witty, Speedskating

Lax season gets underway

By Adam Lagnese
Contributing Writer

The men's lacrosse team gets its season underway in just a few weeks. Led by second-year coach Tom Mariano and assistant coach Matt Kovachik, the season looks to be exciting and competitive.

"We expect to excel on and off the field, whether it be in games, practice or in the classroom," said Mariano. "I want everyone to give their best effort every game to play as hard as they possibly can. I'd rather lose all our games playing as hard as we can, rather than winning them all, giving a mediocre effort."

The team is making the jump from Division II to Division I this year. During their tenure in Division II, they won the ECAC championship and were ranked nationally for the past three years. By entering into a Division I schedule they will face a greater challenge this coming year.

Among the teams they will face this year will be nationally ranked Hartford, Dartmouth and Boston College. Other tough opponents include Holy Cross, Lafayette, Division II champion

New York Tech, and ECAC champion Southampton.

"I'm extremely excited," said Mariano. "This is a great opportunity for us to come in and be a strong Division I opponent in the Northeast. Hopefully we'll be one of the top teams in the nation and make the playoffs."

The coach's enthusiasm has rubbed off on the players. Team leader Brian Micena, senior defenseman and captain, has expectations for the team this year.

"I think we can win every game and be competitive in every game," said Micena. "Our morale is a lot higher. We know what to expect from ourselves and our coaching staff. The increase in talent in our schedule is only going to help us rise to the occasion."

Junior attackman Chris Lukowski also feels that team is capable of doing well this year.

"We have a great group of guys and talent-wise we can beat anyone on our schedule," said Lukowski. He expects to improve on what he felt was "a sub-par season last year" and "to do what it takes to make this team successful."

Returning seniors are midfielders T.J. Howard, captain

Brian Staunton, and Brad Wilson, as well as goalies Art DeGaetano and Matt McGreevy. These five seniors will also look to add leadership.

"Our goal production needs work. We have to work on our offense. Our offense has to produce," said Micena.

Working to improve goal production will be senior attackman Brian Dumont and junior attackmen Kenny Martin and Ray Gogarty. Dumont and Martin have hard shots and are both good finishers. They will be complemented by the playmaking ability of Lukowski and Gogarty.

Sophomore midfielder Tony Sepe, a transfer from Dean College, has excellent stick skills and could potentially be a scoring threat.

"I enjoy SHU a lot more than Dean because this team has a lot of players, so the competitive edge between the players is always there," said Sepe.

Freshmen looking to make a contribution will be Marc Diemand, Jesse Wichelhaus, Mike Robel, Jon Coffin, Craig Kelly, Terrence Lacey, Jim Kelly, Kris Tompkins and Anthony Marcella.

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PART TIME: Person needed 2-3 days a week for after-school child care. Ages 13+10 must drive. Fairfield area. 203-268-215.

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SHU SCOREBOARD

* Bold scores indicate victories

Men's Hockey

SHU, 2 Army, 5

Women's Hockey

SHU, 7 Trinity, 2

Men's Volleyball

SHU, 2 Queens, 3
SHU, 2 Roger Williams, 3

SPORTS SCHEDULE

Feb. 27-March 8

Friday

(M) Ice Hockey vs. Fairfield, 7:30 p.m.

Saturday

(M) Ice Hockey vs. WNEC, 7:30 p.m.

(M&W) Track New England @ SCSU, 10 a.m.

Sunday

(M&W) Track New England @ SCSU, 11 a.m.

Saturday (3/7)

(M&W) Track ECAC @ Lehigh, 6 p.m.

Sunday (3/8)

(M&W) Track ECAC @ Lehigh, 9 a.m.

Men's lacrosse
season about to
get underway

See page 11

Sacred Heart University Pioneers SPORTS

Icewomen up win
streak to seven
games

See below

SHU men's ice hockey team suspended *Pioneers not permitted to participate in any post-season activity*

By Adam Lagnese
Contributing Writer

The Sacred Heart men's ice hockey team suffered a blow at the hands of the ECAC. Two players were given illegal scholarships to play here.

"The ECAC learned that Quinnipiac College awarded athletic scholarships based on athletic ability," said Don Cook, director of athletics for SHU. "During the hearing, it aspired that other schools were giving athletic aid."

Two of those schools are Sacred Heart and Fairfield University. The hockey team follows the Division I and II rules and the financial rules of Division II.

According to the Division III Financial Aid bylaw, "an institution in Division III shall not award financial aid to any student-athlete except upon showing of financial need by the recipient."

In bylaw 15.4.9.2 it states that a Division III school "shall not

consider athletic ability as a criteria in the formulation of the financial aid package." Sacred Heart gave out aid for need, but also for athletic ability.

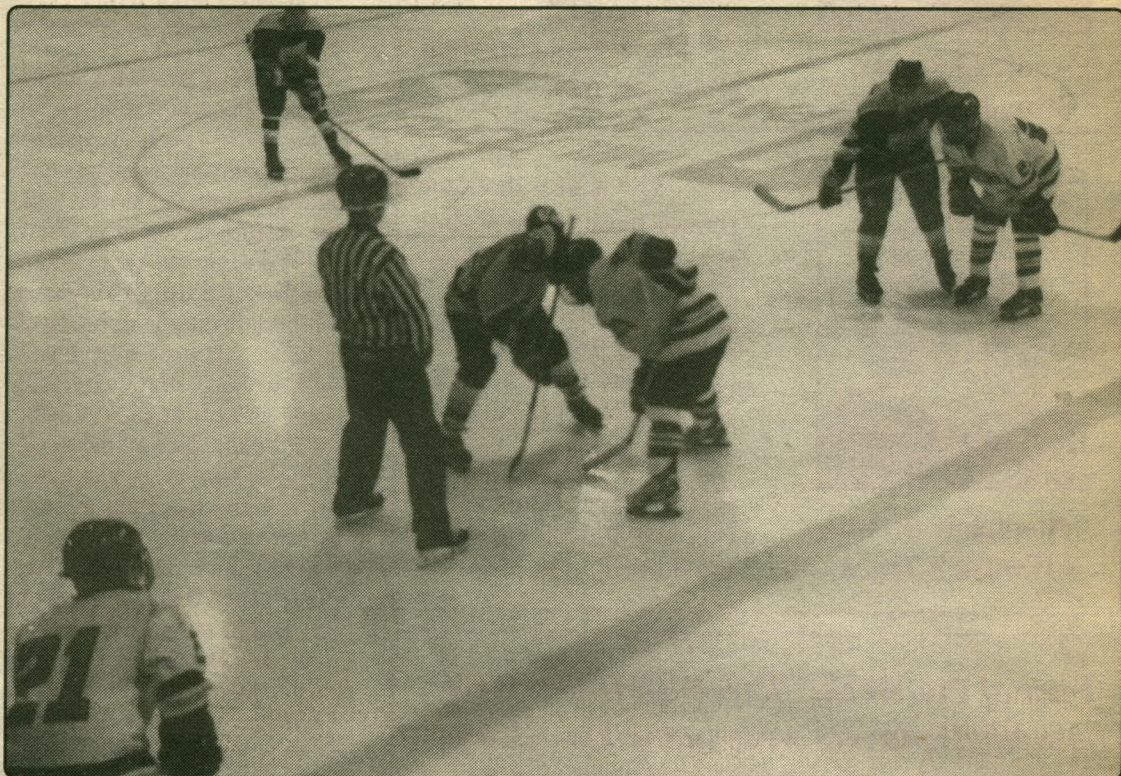
"We were penalized on a technicality," said coach Shaun Hannah. "It was not done intentionally."

The penalties suffered by the team include no post-season play and no individual awards can be given out such as ECAC Player of the Week or ECAC Rookie of the Year.

Cook is appealing the latter of the penalties in saying that it wasn't the players' fault for the situation and feels, therefore, that they shouldn't be punished.

"It came as a bit of a surprise in that we were penalized as harshly as Quinnipiac and Fairfield," said Hannah. "They gave out more money, but we broke the rules and have to face the consequences."

Some players showed their displeasure about the predicament



The SHU men's hockey team (seen here at the Milford Ice Pavilion) will not play in the ECAC playoffs. Photo by Chris Reinhart

their team was put into.

"It's very disappointing," said Tony Tedesco, a junior from Doylestown, Pa. "We looked for-

ward to having the most successful year at Sacred Heart."

"It was unfortunate for the team," said Brian Lafo, a fresh-

man from West Haven, "considering we had a good opportunity to be in the playoffs."

Track members earn All-Conference honors

By Carl Sturino
Staff Writer

The men's track team had its final regular season meet last Saturday at the NECC meet at Southern Connecticut taking home a fifth place finish.

"The NECC is one of the toughest Division II conferences in the country," said coach Christian Morrison. "Outside of this conference, we can beat any other Division II team in New England."

Senior captain Sean Ballou was the first male track athlete to become a member of an All-NECC. Ballou placed second in the 400 meters, earning second team All-Conference honors. His time of 50.62 automatically quali-

fies him for the New England meet.

Junior triple jumper Morris Harbour achieved a milestone at the meet as he surpassed the 45' mark for the first time in his college career. Harbour took third with a leap of 46' 6." He was in first place until two jumpers knocked him out on their final jumps. His mark also makes him an automatic qualifier for

New England.

The only other men's medal came in the distance medley relay, where the men took third. Freshman Chris Eaton, junior Carl Sturino and sophomores Nick Dmytrow and Rick Janocko combined for a time of 11:32.29.

Qualifiers will compete at the New England meet at Boston University in Massachusetts tomorrow and Saturday.

By Emily Greenough
Staff Writer

Three athletes on the women's track team were named to All-Conference teams at the New England Collegiate Conference Championship meet last Saturday.

The team placed fourth overall, equalling last year's performance, with 80 points. The Pioneer women put up a respectable fight in competing against the best Division II teams in the country, such as UMass Lowell, University at Albany, and Southern Connecticut State University.

Freshman Heather Stockton was named the NECC's Rookie of the Year for her performance in the meet. Stockton made first team All-NECC in the mile and took second team honors in the

3,000 meters and anchored the fourth place 4x800 relay.

"Heather Stockton is very talented and she has a work ethic even greater than her natural ability," said Morrison. "Add these two things together and you'll get the Rookie of the Year every time."

Senior captain Monique

Klancko also took sixth place in the shot put.

"Andrea Klancko had a great meet," said coach Christian Morrison. "She's definitely the surprise of the year. Life sure would be beautiful if we could have a walk-on freshman make All-Conference every year."

Other top performances in the meet were sophomore Michelle Wesolowski, third in the 1,000 meter run (3:07.49), senior Stephanie Smith, third in the 5,000 meter run (19:55), the distance medley relay of sophomores Heather Heath, Liz Lento, Melissa Hensley and freshman Michelle Shawah, also took third (14:07.50).

Select members of the women's team will compete in the New England Indoor Championship tomorrow and Saturday at Smith in Northampton, Mass.

MEN'S TRACK

WOMEN'S TRACK

Spikers down weekend competition

By Julie Ann Nevero
Sports Editor

The Sacred Heart men's volleyball team moved up to 10-7 on the season with wins over former Metro Conference foes Rivier, Daniel Webster and Wentworth last weekend.

"We expected to go up there and dominate," said coach Scott Carter. "Everybody got to play and we got to try different line-ups."

Dominate they did. The Pioneers defeated all three teams in

just three games.

Sophomore Brian Drew had 16 kills versus DW, while teammate Tom Czaplinski had 13.

SHU is now 8-0 against Metro Conference opponents.

MEN'S VOLLEYBALL

The Pioneers lost an exciting match 3-2 to Queens College last Tuesday night in the Pitt Center.

Queens won the first two games (15-3, 15-8) but SHU refused to back down taking the next two games (15-13, 15-10),

forcing a fifth game. The team lost a very close showdown for the match, 15-12.

"Queens was a hard fought match all the way through and we knew it would be," said Carter. "We showed poise and composure until the last four points."

The team received solid performances from Czaplinski (16 kills), sophomore setter Brian Cotte (52 assists) and senior Kevin O'Malley (9 digs).

"The guys are working hard and playing very well," said Carter. "I'm real pleased with what they've done."

Streak up to seven

By Julie Ann Nevero
Sports Editor

The Sacred Heart University women's ice hockey team built its win streak to seven games last Wednesday, defeating Trinity College 7-2.

The Lady Pioneers now stand at 11-7 on the season.

The team continues to receive solid play from junior Sarah Hanna and sophomore Lauren Wiggins.

Both Hanna and Wiggins scored two goals each in the game.

Wiggins also had an assist.

Goalie Anna Alveari made 22 saves in the contest, 10 in the second period alone.

The latest NCAA poll lists Hanna and Wiggins as the number four and five players for points per game. The two are also listed in the top ten for goals per game while teammate

freshman Jaime Stimets is among the top ten in assists.

The Lady Pioneers ended their season yesterday on the road at UMass Amherst.

WOMEN'S HOCKEY